



aerobics

group exercise

Washington Navy Yard
Fitness Center Bldg. 22

Classes begin

February 17

Time	Mon	Tues	Wed	Thurs	Fri
6 a.m. - 7a.m.	Basic Step w/ Tisha	Boot Camp w/ Tisha	Basic Step w/ Tisha	Kickboxing w/ Tisha	
11:30 a.m. - 12:30 p.m.	Kickboxing w/ Allison	Basic Step w/ Allison	Body Sculpting w/ Allison	Basic Step w/ Allison	
4 p.m. - 5 p.m.	Spinning w/ Allison				Spinning w/ Gigi

Basic Step - 45 minute cardiovascular workout choreographed using intensity variations while incorporation basic footwork followed by 15 minutes of Ab work out.

Boot Camp - 60 minute cardiovascular workout focusing on basic calisthenics and athletic movements; focus is strength, speed and balance.

Body Sculpting - Aerobic/Anaerobic workout utilizing periperal equipment to improve muscular endurance and stamina.

Basic Step - 60 minute complete cardio workout using a spin cycle for an intense bike run focusing on leg strength training and overall stamina and endurance.

Kickboxing - Intensive cardiovascular and strength conditioning class that incorporates movements derived from boxing and karate. Focus is on punches and kicks that provide for a vigorous, energetic, heartpumping workout.



**For registration and class information,
contact (202) 433-3160.**

Passes can be purchased at Bldg. 22, Fitness Center, Washington Navy Yard

